

Counselling Committee-Report [July, 2019 – June, 2020]

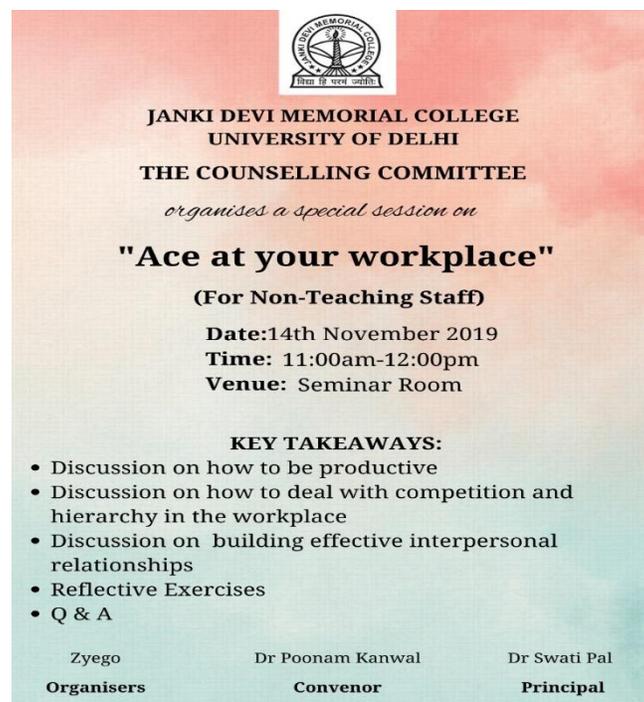
JDMC as an educational institution takes care of the mental health wellbeing of its students, faculty, and administrative staff. The mental health needs of the members of the college were fulfilled through a combination of individual sessions and group therapy sessions.

In order to create a safe space for the members, a number of group therapy sessions were undertaken by Zyego, a private organisation which focuses on emotional wellness and caters to psychological concerns through group counselling sessions. A number of sessions were conducted on issues related to interpersonal problems, discrimination, alienation and spreading awareness on the importance of mental wellbeing/mental health.

A total of six sessions/workshops were organised for the students.

14th November 2019 (Workshop for Non-Teaching Staff)

We not only work for a comfortable living but also to gain recognition and to build self-confidence. Acing at the workplace also includes how one can manage hierarchal structures and build effective connections. Keeping these needs in mind, a special session was conducted by Zyego for the non-teaching staff. The session was held on **14th November 2019**. It was attended by 34 staff members. The session included discussion around how one can be productive and manage deadlines effectively, how to deal with competition, feelings of insecurity, managing hierarchies etc., methods on building effective interpersonal relationships were then discussed. This was followed by reflective exercises and a question-and-answer round. The participants were extremely enthusiastic in participating and sharing their experiences and feelings.




JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
THE COUNSELLING COMMITTEE
organises a special session on
"Ace at your workplace"
(For Non-Teaching Staff)
Date: 14th November 2019
Time: 11:00am-12:00pm
Venue: Seminar Room

KEY TAKEAWAYS:

- Discussion on how to be productive
- Discussion on how to deal with competition and hierarchy in the workplace
- Discussion on building effective interpersonal relationships
- Reflective Exercises
- Q & A

Zyego Dr Poonam Kanwal Dr Swati Pal
Organisers **Convenor** **Principal**

25th September 2019- Workshop for Hostellers

A session was held with the students staying in the college hostel. The students discussed their concerns related to anxiety and loneliness with the counsellors at length. The discussion was concluded with some doable tips to keep in mind while dealing with these.



Workshop for the Hostel Students 25th September, 2019

September 2019- Workshop for North East Students

A session was organised for students from the North Eastern belt of our country. This session was aimed at discussing general concerns faced by these students. A healthy discussion was undertaken around concerns like racism, verbal abuse, eve-teasing, harassment, prejudice and discrimination and some strategies were discussed as to how they can deal with these concerns.

28th August 2019- Workshop for students of Hindi and Sanskrit Department

A session was organised for students from the Hindi and Sanskrit departments. These students often feel left out and alienated. So this special session was organised especially to address their concerns and boost their self-confidence.

21st January 2020- Workshop for students of Hindi Department

A Session with Hindi department students was organised. Students were given timely session on how to manage stress and the counsellor helped them with suitable tips to ward off anxieties.



Counselling session with students on 21st January, 2020

27th January 2020 - Workshop for students of History Department

A Session with History department students was organised on relationship issues. Students were encouraged to share their views and experience on the same. The resource person, Mr. Arindam Sen, also talked about emotional abuse and shared some coping mechanisms for the same.



Workshop for students of History Department organised on 27th January, 2020

5th February, 2020- Workshop for students of Economics Department

A Session with Economics department students was held on the topic time management. Students discussed how they are not able to manage time when it comes to work. They were given tips on how to manage time efficiently. The resource person organised some activities and students were happy to participate in the activities.



Zyego holding session with Economics (H.) students on 5th February, 2020

Besides Zyego, our college psychologist, Ms. Saniya Bedi dealt with students and teaching and non-teaching staff on one-on-one basis. The counsellor maintained strict confidentiality of the concerns. In case of any possible harm to the students/teaching/non-teaching staff, the head of the institution was immediately informed and accurate measures were undertaken. Some of the concerns that emerged were body image issues, relationship issues [sometimes with parents and friends], time management, stress management, productivity concerns, low levels of self-confidence and anxiety management.

The psychological issues relating to anxiety, stress, loneliness emerged in a big way and became central in the period of pandemic and total lockdown due to SARS II – CORONA VIRUS DISEASE. In order to deal with the issues related to anxiety and stress the Counselling Committee in association with the Internal Quality Assurance Cell [IQAC] organised a Webinar for students and their parents on Zoom. Dr. Rakesh K. Chadda, Professor and Head, Department of Psychiatry, AIIMS was invited as a resource person. The Webinar was titled “Stress and Anxiety during Crisis: Facing it Fearlessly” and was held on 4th May 2020. The session was extremely informative, enlightening, stimulating and interactive. There were more than one hundred participants in the webinar. It was attended by students, their parents and faculty members.



Webinar on “Stress and Anxiety during Crisis: Facing it Fearlessly” on 4th May, 2020